

College level -

Self-confidence, emotional control.
Specialization of interests
Ability to instigate heros, causes,
groups. - Loyalties tempered.

Activity Preferences

Elementary - Running games.
Religious games.
Co-operative games.
Ring-around games.
Hide & seek games.

Interest in - Football
Three-court basketball.
Volley ball
Social dancing.
Dish & throw

Mening interest - Squad games
in Stunts
Playing catch
Rope skipping
Rhythms & relays.

4th grade - Games continued.

- 1) big-muscle activity.
- 2) strenuous & general participation
- 3) competition
- 4) two group type of organization

Secondary Likes

1. Tennis
2. Swimming
3. Basketball
4. Golf
5. Skating
6. Badminton
7. Football
8. Games
9. Rhythical Activities
10. Canoeing

Dislikes

1. Gym
2. Apparatus
3. Horseshoes
4. Tumbling
5. Marching
6. Skills
7. Natural Structures
8. Dancing
9. Rock

College - social interest in athletics.
instruction in individual sports.

Adult - Tennis, swimming, boating, golf,
camping, out-of-door activities.

Parent Preference

- Care of physical defects.
- Good carriage + control of body.
- Proper health habits.
- Opportunity for play + games.
- Skills in games not got at home.

Girls - No competitive swimming, games.
- apparatus, tumbling, dance
- basketball, technique.
- tap dancing.

● Parents desire:

1. Acquisition of correct health knowledge, health attitudes & health habits.
2. Proper physical development & growth including special posture training.
3. Acquisition of correct social attitudes including citizenship, discipline, ability to cooperate well with others, & ability to compete against others in a creditable manner.
4. Development of personality traits, leadership ability, self-confidence & poise.
5. Development of ability to enjoy physical activity for its sake & to appreciate recreational activities for the future, as well as the present.
6. Acquisition of physical skills, agility, grace, co-ordination, rhythm.
7. Development of healthy attitudes of mind.
8. Development of a program adapted to the age & needs of the children.
9. Acquisition of a knowledge of first aid.

Opposed to P.E.
Asceticism.
Scholasticism
Puritanism.

Chap. 4.

Programs in P.E.

Program

- 1) play
- 2) games
- 3) rhythmic activities
- 4) self-testing activities
- 5) out-of-door activities

Activities

- 1) educational
- 2) corrective
- 3) hygienic
- 4) recreative

Should develop

- 1) courage
- 2) sportsmanship
- 3) endurance
- 4) imagination
- 5) love of activity
- 6) mind consciousness
- 7) acquisition of skills

Ideal program

- 1) indoor & out-of-door
- 2) large & small areas
- 3) summer & winter
- 4) little equipment

- 1) streets & city country space.
- 2) physically & mentally handicapped.
- 3) teams & individual
- 4) mixed recreation

Content of P.E. Program.

Grades 1, 2, 3.

Jumping games.

Fundamental rhythms.

Drop games.

Athletic events.

Story plays.

Swimming & outings.

4, 5, 6.

Rhythms

Drop games & relays.

Stunts & contests

Fun games & skills

Athletic events

Swimming & outings.

College.

Individual gymnastics

Recreational sports (archery)

Major sports (basketball)

(strenuous) (tennis)

Aquatics.

Outings - riding, skating, camping.

Classed by tests & examination.

Intra-mural athletics important.

1) Objectives

2) Accoring selected activities.

3) Organization of competitive program.

Senior High School

Tell
Archery
Deck tennis
Fieldball
Golf
Handball
Brushes &
quints
Puncout
Playground ball
Soccer
Speedball
Swimming
Tennis
Volley ball

Winter
Archery
Badminton
Basketball
Bowling
Deck tennis
Fencing
Joul skating
Handball
Ping-pong
Quints
Shuffle-board
Skating
Skiing
Stunts
Swimming
Twenty-one

Spring
Archery
Deck tennis
Fieldball
Tell hockey
Golf
Handball
Brushes &
quints
Hurdles 11-in.
Puncout
Playground ball
60-yd. dash
Soccer
Speedball
Swimming
Tennis
Volley ball.

Junior High School

Paddle tennis
Archery
Field ball
Golf
Bill pin ball
Brushes-quints
Rich ball
Rich pin ball
Swimming
Tennis
Volleyball

Archery
Basketball
Ping-pong
Quints
Shuffle-board
Skating
Skiing
Swimming
Volleyball
Twenty-one
Joul skating

Archery
Field ball
80-yd. dash
Golf
Bill pin ball
Rich ball
Rich pin ball
Puncout
Paddle tennis
Slagball
Swimming

Skill tests.

Posture, rhythm, game skills, swimming.

Y.W.C.A. Program.

Gymnastics

Intermediate girls - with games

Married ladies - dancing.

Individual

Swimming

Plunge

Instruction - eyes, like swimming, diving.

Tap dancing

Axes, steps

Creative dancing

Basketball

Badminton

Fencing

Archery

Social dancing

Bowling

Tennis courts

Amt. of activity.
Know pt. of activity, recovery of child.

Tatjine

Weak posture.

Insistude.

Unusually irritability.

Restlessness.

Normal habits.

Pallor

Eyes - circles.

Poof or - Addiction

Respiration. - irregular.

Rise in body tempe.

Loss of appetite.

General ache.

Pallor + chd.
dry.
Eyes.

Activity - outside sources.

Variety of activities.

1) - interests, capacities. age.

2) - intensity - condition

age

environment

season + tempe.

3) duration

d

4) - frequency.

~~Forest Hill 8:45 - 9:45.
Bay St. to St. Clare.
change at Spadina Dunvegan 8:50
bus at 8:15 Spadina + St. Clare~~

1. Theme song - Come let us be joyful -
2. Get-acquainted game.
3. Shout song.
4. Guessing game.
5. Musical game.

~~Some~~

Program for private school 12 gr. (seasms) size.

After school activities.

daily

- 1) 15-18 yr. 4-8 hr. physical activity.
- 18-21 yr. 2-3 " "
- 2) free time for recreation
- 3) Community spirit.

Should

- 1) Give child the hrs. of activity daily.
- 2) Child should love work.
- 3) Child should continue activities for pleasure.
- 4) Outdoor
- 5) According to season.
- 6) Will organized with student leadership.



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